

	What's happening in your body	What your body needs	How to get what you need
BONES	Getting larger	Calcium	Milk, cheese, calcium-enriched orange juice, calcium enriched tofu
	Getting larger	Protein	Meat, fish, eggs, cheese, milk
	Getting stronger	Exercise	Walking, running, sports
MUSCLES	Increasing muscle size	Protein	Meat, fish, eggs, cheese, milk
	Building muscle strength	Exercise	Walking, running, sports
REPRODUCTIVE SYSTEM	Development of male/female systems	Protein	Meat, fish, eggs, cheese, milk
	Females: beginning of periods	Iron	Red meat, eggs, green vegetables, fortified bread and grain products
BRAIN	Brain tissues changing	Protein	Meat, fish, eggs, cheese, milk
	Developing new connections	Protein for neurotransmitters	Meat, fish, eggs, cheese, milk
	Developing new connections	Mental activity	Learning new things
	Energy for every day	Animal fats	Meat, seafood, butter, cheese, ice cream
	Energy for every day	Vegetable fats	Nuts, peanut butter, olive oil
	Energy for every day	Carbohydrates	Bread, pasta, cereal, apples, oranges, potatoes